



April 20, 2023 | 10AM

Zoom Registration:

<https://us02web.zoom.us/meeting/register/tZA-pfu2trzopHNKs2Pi8AFIP20PiVtekaulw>

- Welcome/Introductions
- Let's Talk: Discussions about burnout and resilience
 - Understanding our own experiences
 - Building a personal resilience plan
 - Helping you help other
 - Skills assessment
- Our roadmap for the year
- July Retreat: Partnering with Intention

Mission: *To create a more trauma-informed and resilient Alexandria by informing, supporting, and elevating our community.*

Find more info and resources at
www.alexandriava.gov/child-and-family-services/raise